



Florida State Track & Field

Larry Wieczorek Invitational
January 19-20, 2018
University of Iowa

Competing Teams m/w

	Arizona	-/-
	Iowa	-/-
	Iowa State	-/#14
	Kansas State	-/#18
	LSU	-/#7
	Minnesota	-/#13
	Wisconsin	-/#11
	Virginia	#16/-

Larry Wieczorek Invitational Schedule

Friday, January 19

Time	Event	FSU entries
2:00 pm	Pole Vault (w)	<i>Breske, Lewis, Schafers</i>
2:00 pm	Weight Throw (m)	<i>Tirado</i>
2:00 pm	High Jump (w)	<i>Omoregie, Maczuga, Morgan, Welsh</i>
3:00 pm	High Jump (m)	<i>Knight, Ali, Newberg</i>
5:00 pm	Long Jump (m)	<i>Fisher, Irving</i>
5:25 pm	Opening Ceremony & National Anthem	
5:45 pm	3000 meters (m)	<i>Hogarty</i>
6:15 pm	600 meters (m)	<i>Kelley</i>
7:10 pm	600 meters Premier (w)	<i>Harris</i>

Saturday, January 20

1:00 pm	Shot Put (w)	<i>Grange, Zarankaite, Love</i>
2:15 pm	400 meters (w)	<i>Cunningham</i>
2:30 pm	400 meters (m)	<i>Simpkins, Charlton, Knight</i>
2:45 pm	60 hurdles Premier (pw)	<i>Williams, Jones</i>
2:57 pm	60 hurdles Premier (pm)	<i>Cunningham, Dickens</i>
3:02 pm	60 hurdles OD (pm)	<i>Newberg</i>
3:10 pm	800 meters (w)	<i>Jenkins</i>
3:17 pm	800 meters (m)	<i>Butler</i>
3:40 pm	60m Premier (pw)	<i>Kirkland, Seymour</i>
3:50 pm	60m Premier (pm)	<i>Haraway, Ewers, Ehiemua, Clarke, Gay</i>
4:00 pm	National Anthem & Opening Ceremonies	
4:00 pm	Triple Jump (m)	<i>Nevers, Wallace, Butler</i>
4:10 pm	400 meter Premier (w)	<i>Caldwell</i>
4:30 pm	Shot Put (m)	<i>Droogsma, Newberg</i>
4:40 pm	800 meter Premier (w)	<i>Harris, DeMone</i>
4:50 pm	800 meter Premier (m)	<i>Freire</i>
5:00 pm	60 hurdles Premier final (w)	<i>tbd</i>
5:10 pm	60 hurdles Premier final (m)	<i>tbd</i>
5:15 pm	60 hurdles OD final (m)	<i>tbd</i>
5:20 pm	Jerry Hassard Mile (w)	<i>Skyring, Hendry, Hewitt</i>
5:35 pm	Larry Wieczorek Mile (m)	<i>Kelley</i>
5:50 pm	60m Premier final (w)	<i>tbd</i>
6:00 pm	60m Premier final (m)	<i>tbd</i>
6:10 pm	3000m Premier (w)	<i>Mircheva, Judd, Edwards</i>
6:25 pm	3000m Premier (m)	<i>Szogi, Kelley</i>
6:45 pm	4x400 relay (m)	<i>Florida State B</i>
6:50 pm	4x400 relay Premier (w)	<i>Florida State</i>
7:05 pm	4x400 relay Premier (m)	<i>Florida State</i>

All races listed as Central Time

(w) - women; (m) - men

(pw) - prelims women; (pm) - prelims men

Florida State Coaches/Staff

Bob Braman, Men's & Women's Head Coach/Men's Distance
Dorian Scott, Director of Field Events/Throws
Brandon Hon, Director Sprints, Hurdles & Relays
Kelly Phillips, Women's Distance
Ricky Argro, Men's Sprints
Keith Herston, Jumps/Pole Vault/Multis
David Beauchem, Director of Operations
Skyler Willis, Graduate Assistant, Women's Sprints/Hurdles
Chelsea Whalen, Graduate Assistant, Throws
Stefan Brits, Graduate Assistant, Jumps/Men's Sprints
Justin Garrard, Operations Assistant
Myra Hawkins, Operations Assistant
Aniis Hopkins, Volunteer Assistant, Jumps/Multis
Jacques Toussaint, Operations Assistant
Gwendolyn Davis, Athletic Trainer
Armand Daigle, Athletic Trainer
Bethany Kloster, Massage Therapist
Corey Talley, Academic Advisor

Noles returning to Wieczorek Invitational

The Florida State track & field teams return to the University of Iowa's world-class indoor facility for the second consecutive year to compete in the expanded Larry Wieczorek Invitational. The nine-team meet will be contested inside the Hawkeye Recreation Complex on the the 200-meter banked track, which was purchased from Portland, Ore. after it hosted the 2016 IAAF World Indoor Championships. In addition to the host Hawkeyes and Noles, the field includes LSU, Wisconsin, Minnesota, Iowa State, Kansas State, Virginia and Arizona. Five women's teams are nationally ranked in the USTFCCA preseason top 25, led by No. 7 LSU, while Virginia (No. 16) is the lone ranked men's team competing (see chart above).

Highly-anticipated freshmen set to debut

After opening the season with promising results from a smaller contingent at Clemson's Orange & Purple Invitational, FSU's much-ballyhooed freshman class will dive head-first into individual competition for the first time. Among that group putting on FSU's vests for the first time are:

- **Trey Cunningham**, who as a high school senior set the World U20 60-meter hurdle record (7.40) when he won the 2017 New Balance Indoor National title. The Winfield, Ala. native will square off against LSU freshman Damion Thomas, who ranked second to Cunningham last season;
- **Jayla Kirkland**, who ran the nation's fastest 60-meter dash last season (7.27) when she won the New Balance Indoor National title, will compete in the 60 against a field which includes 2017 SEC champion Aliea Hobbs;
- **Ka'Tia Seymour** will line up in the 60 with Kirkland in what amounts to the first indoor race of her career. Seymour ranked No. 4 in the US last year in the 100 (11.33) and is Florida's two-time 2A 100 and 200 champion;
- **Shamon Ehiemua**, who like Seymour has limited indoor experience, will make his FSU debut in the men's 60. Ehiemua is the two-time Texas 5A state 200-meter champion;
- **Tye Dickens**, who debuted at Clemson with the No. 10 60-meter hurdles performance (8.08) in program history, will be out to improve his early standard. Great Britain native **Jodie Judd**, fresh off her All-South Region cross country campaign, will make her track debut in the 3,000-meter run, while Australia native **Maudie Skyring** will make her mile debut for the Noles. A pair of jumpers - former Pennsylvania high jump state champ **Qayyim Ali** and Florida 1A long jump champ **Jacore Irving** - will also compete.

Don't sleep on the veterans

Not to be lost in the long list of youngsters are a handful of veterans with All-American credentials and aspirations for more:

Senior **Austin Droogsma** opened up in the shot put with a throw of 19.06m (62-6.5), which ranks No. 5 nationally...sophomore **Eleonora Omoregie** made her FSU debut last year at this meet by winning the high jump and will get to work on improving her school record 1.88m (6-2)...senior **Montel Nevers** earned first-team All-American honors indoors and outdoors last year and currently ranks No. 17 nationally (15.28m/50-1.75)...**Gleneve Grange**, who holds FSU's records in the shot put indoors and outdoors, also ranks No. 17 nationally after her opener at Clemson (16.16m/53-0.25)...junior **Darryl Haraway**, the ACC Indoor Track MVP and a second-team All-American in the 60 last year, owns a PB of 6.59 at that distance and will try and improve on his runner-up finish here a year ago... junior **Peta-Gay Williams** (8.15) and sophomore **Cortney Jones** (8.18), ranked Nos. 19 and 21 last year in the 60-meter hurdles, open up as well.

Keep an eye on experienced newcomers

The FSU rosters are dotted with a handful of transfers who are set to compete. **Corion Knight**, an NAIA national champion in the high jump at Florida Memorial, will get his first taste of competition as a Nole in that event...January enrollee and Oklahoma State graduate transfer **Ieva Zarankaite** is entered in the shot put in her debut...**Istvan Szogi**, who ran cross country for the Noles in the fall, a year removed from competing for Southern Utah, is competing in the 3000. He was Hungary's national runner-up at that distance in 2017. **continued next page**



Junior Peta-Gay Williams set the meet and facility record in victory at last year's meet.

Noles left their mark at '17 Wieczorek Invitational

Florida State's 2017 visit to Iowa for the Larry Wieczorek Invitational was a huge success, no matter how you would measure it. The Noles men and women combined to win 10 events in what was then a quad meet with the host Hawkeyes, Iowa State and Northern. It was just the third of five meets contested on Iowa's new track last season.

Sophomore **Peta-Gay Williams'** 60-meter hurdles win in 8.24 was especially noteworthy because it remains the facility, meet and track record. In all the Noles set records in nine events, which still stand in some capacity. Seven of those athletes will compete this weekend.

A trio of freshmen recorded record-setting victories. **Eleonora Omorgie** won the high jump (1.80m/5-10.75) in what remains a track and meet record, while **Bert Freire's** 800 victory in 1:52.20 still stands as the track and meet mark. **Steven Simpkins** holds the meet 400-meter record (48.76) following his win as well.

Among the other Noles back for another round, junior **Armani Wallace** claimed the triple jump title with a track record best of 15.58m (51-1.5), which is also the meet record. Then-junior **Gleneve Grange** won the shot put (16.11m/52-10.25) and is back to build on her meet record. So is sophomore **Nicole Breske**, who won the pole vault (3.65m/11-11.75).

Former Noles **Carmela Cardama Baez** and **Harry Mulenga** swept the 3000-meter titles, Cardama Baez earning outstanding female track performer honors for her then-facility record win. **Keniel Grant** won the long jump, but has only outdoor eligibility remaining.

In total, the Noles came away from the meet with eight new top 10 entries on the all-time indoor list, and 21 personal-best marks or times.

Ewers prepared to make debut

Andre Ewers has traveled a long road to Florida State, but the January enrollee should have a huge impact when he climbs into the starting blocks. The sprint star who moved to Lauderhill, Fla. from Jamaica as a 7-year-old has been a huge success at every stop along the way.

A transfer from Butler (Kan.) Community College, Ewers was the 2017 NJCAA Outdoor national champion in the 100-meter dash and the runner-up in the 60-meter dash at last year's NJCAA Indoor Championships. He's entered in the 60-meter dash where he boasts a personal-best of 6.65; a time which would have qualified him for last year's NCAA Indoor Championships.

After claiming a pair of Florida 4A silver medals in the 100 and 200 at the 2014 state meet, he matriculated to South Plains (Texas) Junior College where he was third in the 200 and fourth in the 60 as a freshman at the NJCAA Indoor Championships and helped his team to the 4x100 national title outdoors.

Between his two junior college stops, Ewers has two national titles and earned 11 All-American honors. His indoor personal-best of 6.65 trails only new teammate Darryl Haraway and his 200 PB (20.93) tops all Noles.

A look inside the numbers

FSU's travel roster of 51 student-athletes - 26 men and 25 women - to the Larry Wieczorek Invitational has produced some fun numbers:

10 - The total number of Noles who will be making their collegiate debuts at Iowa, divided evenly between the men and women;

10 - The Noles are represented by athletes from: United States, Jamaica, Great Britain, Bahamas, Canada, Hungary, Bulgaria, Italy, Australia and Lithuania.

14 - Total number of freshmen - seven men and women, each - competing out of 51 total student-athletes (27 percent);

27 - Number of actual underclassmen making the trip - 13 sophomores to go with those 14 freshmen - or 53 percent of the travel squad;

12 - Seminoles on the trip have collected at least one All-American honor in their collegiate track & field careers already;

14 - That's the number of all-time top 10 spots on FSU's list of indoor events that this weekend's group of competitors hold;

2 - School record-holders - Eleonora Omorgie (high jump) and Gleneve Grange (shot put) - will be in the lineup.

Noles currently in the top 16 nationally

Earning a qualifying spot to the NCAA Indoor Championships, where only the top 16 individual athletes based on time or distance in each event - and the top 12 relay teams - make it, is one of the most difficult tasks in all of college athletics. Here's a list of Noles currently residing in the top 16:

Men	Event	Rank	Mark
Kenneth Fisher	LJ	12	7.52m/24-8.25
Austin Droogsma	SP	5	19.06m/62-6.5
Women			
Shauna Helps	200	8	23.82

ACC Indoor qualifying standards

One of the meet objectives is knocking off as many auto qualifying standards for the ACC Indoor Championships as possible:

Event	Women	Men
60m	7.56	6.88
200m	24.37	21.76
400m	55.05	48.26
800m	2:09.82	1:51.78
Mile	4:50.91	4:09.79
3000m	9:31.98	8:15.92
5000m	16:47.14	14:23.54
60 Hurdles	8.61	8.15
High Jump	1.69m	2.02m
Pole Vault	3.91m	4.85m
Long Jump	5.80m	7.02m
Triple Jump	12.13m	14.21m
Shot Put	13.62m	16.16m
Weight Throw	17.34m	17.31m

ACC standards in hand

A list of Noles who have already met the ACC Indoor Championships qualifying standard, and where they currently rank in the conference:

Men	Event	Rank	Mark
Darryl Haraway	60	3	6.76
Tye Dickens	60H	6	8.08
Kenneth Fisher	LJ	2	7.52m/24-8.25
Armani Wallace	LJ	3	7.40m/24-3.5
Corion Knight	LJ	4	7.39m/24-3
Montel Nevers	TJ	1	15.28m/50-1.75
Ashton Butler	TJ	4	15.00m/49-2.5
Jacore Irving	TJ	6	14.79m/48-6.25
Austin Droogsma	SP	1	19.06m/62-6.5
Brandon Tirado	WT	3	18.31m/60-1
Women			
Shauna Helps	200	1	23.82
Gleneve Grange	SP	2	16.16m/53-0.25

2018 FSU T&F/Travel Roster



Florida State Men

Name	Pronunciation	Year	Event	Hometown
Qayyim Ali	Kai-yeem	FR	High Jump	Williamsport, Pa.
Ashton Butler		JR	Triple Jump	Nassau, Bahamas
Matthew Butler		SR	800	Fort Lauderdale, Fla.
D'Mitry Charlton	Duh-mee-tree	JR	400/4x400	Nassau, Bahamas
Edward Clarke		JR	60	Kingston, Jamaica
Trey Cunningham		FR	60 Hurdles/4x400	Winfield, Ala.
Tye Dickens		FR	60 Hurdles/4x400	Tallahassee, Fla.
Austin Droogsma	Drewgs-mah	SR	Shot Put	Gulf Breeze, Fla.
Shamon Ehiemua	Shuh-mahn Eh-hee-em-wah	FR	60/4x400	Missouri City, Texas
Andre Ewers		JR	60/4x400	Lauderhill, Fla.
Kyle Fearrington		SO	4x400	Tarpon Springs, Fla.
Kenneth Fisher		GR	Long Jump	East Point, Ga.
Bert Freire	Free-air-ee	SO	800	Miami, Fla.
Darryl Gay		FR	60/4x400	Orlando, Fla.
Darryl Haraway	Hair-uh-way	JR	60/4x400	Upper Marlboro, Md.
Tom Hogarty		GR	3000	Metuchen, N.J.
Jacore Irving	Juh-cor-ee	FR	Long Jump	Chattahoochee, Fla.
Bryce Kelley		GR	600/Mile/3000	Hope Valley, R.I.
Corion Knight		SR	High Jump	Crawfordville, Fla.
Elijah Knight		FR	400	Cary, N.C.
Montel Nevers		SR	Triple Jump	Nottingham, Great Britain
Dante Newberg		JR	60 Hurdles/Shot Put/High Jump	Tampa, Fla.
Steven Simpkins		SO	400/4x400	Tallahassee, Fla.
Istvan Szogi	Isht-vahn Szo-gee	JR	3000	Tata, Hungary
Brandon Tirado	Tur-ah-doe	JR	Weight Throw	Naples, Fla.
Armani Wallace		JR	Triple Jump	Orlando, Fla.

Florida State Women

Name	Pronunciation	Year	Event	Hometown
Nicole Breske	Bress-key	SO	Pole Vault	Winter Park, Fla.
Janae Caldwell	Juh-nay	FR	400/4x400	Riverview, Fla.
Kimmie Cunningham		SO	400/4x400	Sanford, Fla.
Ginelle DeMone	Gin-ell De-Moan	SO	800	LeDuc, Canada
Emily Edwards		SR	3000	Cape Coral, Fla.
Gleneve Grange		SR	Shot Put	Kingston, Jamaica
Madison Harris		JR	600/800	Ochlockonee Bay, Fla.
Hailey Hendry		FR	Mile	Brentwood, Tenn.
Althea Hewitt	Al-thee-uh	JR	Mile	Cocoa Beach, Fla.
Elizabeth Jenkins		FR	800	Maitland, Fla.
Cortney Jones		SO	60 Hurdles	Conyers, Ga.
Jodie Judd		FR	3000	Canvey Island, Great Britain
Jayla Kirkland		FR	60/4x400	Birmingham, Ala.
Amanda Lewis		SO	Pole Vault	Tampa, Fla.
Shanice Love		FR	Shot Put	Kingston, Jamaica
Kayla Maczuga	Mack-zoo-gah	SO	High Jump	Tampa, Fla.
Militsa Mircheva	Mill-itsa Mur-cheh-vah	JR	3000	Dobrich, Bulgaria
Safia Morgan	Saah-fee-uh	SO	High Jump	Constant Spring, Jamaica
Eleonora Omoregie	A-lee-uh-nora Oh-more-reh-geh	SO	High Jump	Udine, Italy
Summer Schafers		SO	Pole Vault	Orlando, Fla.
Ka'Tia Seymour	Kay-tee-uh	FR	60/4x400	Palataka, Fla.
Maudie Skyring		SO	Mile	Wollongong, Australia
Hannah Welsh		SR	High Jump	Dunedin, Fla.
Peta-Gay Williams	Pee-tuh-Gay	JR	60 Hurdles/4x400	Kingston, Jamaica
Ieva Zarankaite	Yeh-vah Zare-run-kiten	GR	Shot Put	Utena, Lithuania

2018 FSU T&F/Indoor Performance List



FSU WOMEN

60 METER DASH

Athlete	PB	CB	SB
Jayla Kirkland	7.27	-	-
Ka'Tia Seymour	-	-	-

400 METER DASH

Janae Caldwell	54.20 (o)	58.02	58.02
Kimie Cunningham	56.14 (o)	57.62	59.02

600 METER RUN

Madison Harris	-	-	-
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800 METER RUN

Ginelle DeMone	2:07.94 (o)	2:10.55	-
Madison Harris	2:09.93 (o)	2:10.26	-
Elizabeth Jenkins	2:15.78 (o)	-	-

MILE RUN

Hailey Hendry	4:57.90	5:11.27	5:11.27
Althea Hewitt	5:14.49	5:14.49	-
Maudie Skyring	-	-	-

3000 METER RUN

Emily Edwards	9:57.53	9:57.53	-
Jodie Judd	9:39.96 (o)	-	-
Militsa Mircheva	9:21.42	9:43.30	-

60 METER HURDLES

Cortney Joney	8.18	8.18	-
Peta-Gay Williams	8.15	8.15	-

HIGH JUMP

Kayla Maczuga	1.70m (5-7, o)	1.65m (5-5)	-
Safia Morgan	1.70m (5-7)	1.70m (5-7)	1.65m (5-5)
Eleonora Omoregie	1.88m (6-2)	1.88m (6-2)	-
Hannah Welsh	1.69m (5-6.5, o)	1.68m (5-6)	1.60m (5-3)

POLE VAULT

Nicole Breske	3.80m (12-5.5)	4.02m (13-2.25)	3.55m (11-7.75)
Amanda Lewis	3.77m (12-4.25, o)	3.35m (10-11-.75)	-
Summer Schafers	3.70m (12-1.75)	3.50m (11-5.75)	-

SHOT PUT

Gleneve Grange	17.29m (56-8.5, o)	16.54m (54-3.25)	16.16m (53-0.5)
Shanice Love	11.62m (38-1.5)	11.62m (38-1.5)	11.62m (38-1.5)
Ieva Zarankaite	15.56m (51-0.5, o)	15.24m (50-0)	-

4x400 RELAY

Florida State 'A'	-	-	3:51.28
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KEY

PB - Personal Best
 CB - Collegiate Best
 SB - Season Best
 o - outdoor

NOTE

All collegiate-best (CB) marks are for actual indoor performances. Some PBs are from outdoor and noted with (o)

FSU MEN

60 METER DASH

Athlete	PB	CB	SB
Edward Clarke	6.69	6.69	-
Shamon Ehiemua	6.90	-	-
Andre Ewers	6.85	6.65	-
Darryl Gay	6.95	-	-
Darryl Haraway	6.59	6.59	6.76

400 METER DASH

D'Mitry Charlton	50.48	50.48	-
Elijah Knight	50.82	52.05	52.05
Steven Simpkins	47.63 (o)	48.08	51.35

600 METER RUN

Bryce Kelley	2:12.89	2:15.76	2:15.76
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800 METER RUN

Matt Butler	1:51.01 (o)	1:53.92	1:57.91
Bert Freire	1:50.70	1:50.70	1:53.33

MILE RUN

Bryce Kelley	4:09.17	4:09.17	-
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3000 METER RUN

Thomas Hogarty	8:32.44	8:32.44	8:41.00
Istvan Szogi	8:12.69	8:39.56	-
Bryce Kelley	8:27.49	8:27.49	-

60 METER HURDLES

Trey Cunningham	7.40 (HS)	-	-
Tye Dickens	8.08	8.08	8.08
Dante Newberg	8.39	8.39	8.39

HIGH JUMP

Qayyim Ali	2.16m (7-1, o)	-	-
Corion Knight	2.19m (7-2, o)	2.09m (6-10.25)	-
Dante Newberg	1.99m (6-6.25, o)	1.90m (6-2.75)	-

LONG JUMP

Kenneth Fisher	7.80m (25-7.25)	7.80m (25-7.25)	7.52m (24-8.25)
Jacore Irving	6.83m (22-5, o)	-	-

TRIPLE JUMP

Ashton Butler	15.71m (51-6.5, o)	15.00m (49-2.5)	15.00m (49-2.5)
Montel Nevers	16.15m (53-0)	15.90m (52-2)	15.28m (50-1.75)
Armani Wallace	16.32m (53-6.5, o)	15.58m (51-1.5)	-

SHOT PUT

Austin Droogsma	19.70m (64-7.5, o)	19.14m (62-9.5)	19.06m (62-6.5)
Dante Newberg	12.87m (42-2.75, o)	12.66m (41-6.5)	12.35m (40-6.25)

WEIGHT THROW

Brandon Tirado	19.24m (63-1.5)	19.24m (63-1.5)	18.31m (60-1)
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4x400 RELAY

Florida State 'A'	-	-	-
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KEY

PB - Personal Best
 CB - Collegiate Best
 SB - Season Best
 HS - High School
 o - outdoor

NOTE

All collegiate-best (CB) marks are for actual indoor performances. Some PBs are from outdoor and noted with (o)

2018 FSU T&F/Men's All-Time Indoor Top 10



60 METERS

1. Dentarius Locke	6.52-a	2014
2. Marvin Bracy	6.54	2013
3. Maurice Mitchell	6.55	2011
4. Kendal Williams	6.56	2015
Kemar Hyman	6.56	2012
6. Darryl Haraway	6.59	2017
Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006
9. Ngoni Makusha	6.60	2009
Trentavis Friday	6.60	2015

200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. Charles Clark	20.50	2008
5. Horatio Williams	20.77	2012
6. Michael Ray Garvin	20.79	2008
7. Trentavis Friday	20.86	2015
8. Stephen Newbold	20.90	2013
9. Dentarius Locke	21.02	2013
10. Darryl Haraway	21.07	2017

400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90a	2014
3. Michael Cherry	46.31	2015
4. Alonzo Russell	46.44a	2014
5. Kevin Ansley	46.73	1993
6. Stephen Newbold	46.98	2013
7. Charles Clark	47.03	2008
8. Ronnie Taylor	47.09c	1982
9. Michael Jennings	47.14	2000
10. Tywayne Buchanan	47.32	2008

800 METERS

1. Jake Burton	1:47.72	2016
2. Otniel Teixeira	1:48.47	2016
3. Darrin Gibson	1:48.78	2012
4. Rob Circelli	1:48.86	1991
5. Andrew Krumins	1:49.23	2008
6. Ocky Clark	1:49.86	1986
7. Philip Rolle	1:50.59c	1982
8. Bert Freire	1:50.70	2017
9. George Gardner	1:50.94	1986
10. Tim Middlekoop	1:51.12	1993

MILE

1. Tom Lancashire	3:58.52	2006
2. David Forrester	3:59.13	2012
3. Michael Hall	4:03.00	2017
4. Daniel Roberts	4:03.62	2009
5. Matt Leeder	4:03.65	2009
6. Zak Seddon	4:04.03	2016
7. Harry Mulenga	4:04.36	2017
8. Justin Harbour	4:04.67	2009
9. Mark Buckingham	4:05.34	2007
10. Mike Fout	4:05.47	2013

3000 METERS

1. Luke Gunn	7:53.97	2008
2. Mark Buckingham	7:55.98	2008
3. Tom Lancashire	7:56.01	2007
4. Matt Leeder	7:56.06	2009
5. Daniel Roberts	7:57.62	2009
6. David Forrester	7:57.93	2012
7. Zak Seddon	7:59.40	2015
8. Herb Wills	8:03.44c	1982
9. Jakub Zivec	8:04.61	2013
10. Ken Misner	8:04.96c	1971

5000 METERS

1. Andrew Lemoncello	13:46.00	2007
2. Mike Fout	13:56.52	2011
3. Herb Wills	14:00.10	1982
4. Steeve Gabart	14:07.50	2009
5. Breandan O'Neill	14:10.96	2013
6. Ciaran O'Lionaird	14:10.99	2010
7. Jack Goodwin	14:12.97	2015
8. Joep Tigchelaar	14:15.60	2003
9. Bryant Blahnik	14:18.45	2014
10. Glen Yarham	14:23.83	2014

60 METER HURDLES

1. Drew Brunson	7.53	2008
2. Arthur Blake	7.59c	1987
3. Phillip Riley	7.64c	1995
4. Leander McKenzie	7.85c	1984
5. Rodney Lawson	7.89c	1989
6. John Citron	7.90c	1978
7. Tremaine Grant	7.94	2012
8. Gonzalo Barroilhet	7.98	2008
9. Javier Garcia-Tunon	8.06	2007
10. Tye Dickens	8.08	2018

HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Dante Newberg	5186	2017
3. Matt Frith	4917	2006
5. Daniel Salgado	4717	2012
6. Jacob Peacock	4683	2006
7. Chris Snow	4356	2012
8. Hunter Napier	4045	2017
9. Collin Lomagistre	3519	2010

LONG JUMP

1. Ngoni Makusha	8.21m	26-11.25	2009
2. Brian Chibudu	8.02	26-3.75	2010
3. Jalen Ramsey	7.97	26-1.75	2015
4. Joe Allen	7.85	25-9.25	2001
5. Stefan Brits	7.82	25-8	2016
6. Billy Close	7.78	25-6.25	1987
7. Kelsey Nash	7.72	25-3.75	1994
8. Paul Madzivire	7.70	25-3.25	2014
9. Johnta Griffin	7.66	25-1.75	2006
10. Rafeeq Curry	7.63	25-0.50	2006

TRIPLE JUMP

1. Rafeeq Curry	16.60m-a	54-5.50	2006
2. Kelsey Nash	16.44	53-11.25	1994
3. Jonathan Reid	16.32	53-6.50	2014
4. Rayon Taylor	16.22	53-2.75	2008
5. Phillip Young	16.00	52-6	2012
Joe Allen	16.00	52-6	2000
7. Montel Nevers	15.90	52-2	2017
8. Andy Latimer	15.84	51-11.50	1984
9. Leon Hutchins	15.71	51-6.50	1980
Mario Lowe	15.71	51-6.50	2001

HIGH JUMP

1. James Harris	2.32m	7-7.25	2014
2. Shawn Brown	2.23	7-3.75	2001
3. Darrell Willis	2.22	7-3.50	1986
4. Kenny Smith	2.21	7-3	1983
5. Andrew Batchelor	2.20	7-2.50	2010
6. Tom Stitt	2.19	7-2.25	1987
Gary Snells	2.19	7-2.25	1987
8. Larry Sayers	2.18	7-1.75	1980
Darius King	2.18	7-1.75	2014
10. Ed'Ricus Williams	2.16	7-1	2017
Jeff Nedimyer	2.16	7-1	1976
Kevin Crist	2.16	7-1	1991
Anthony Washington	2.16	7-1	1994

POLE VAULT

1. Jeff Bray	5.50m	18-0.5	1992
2. Tom Reither	5.38	17-8	1988
3. Larry Carr	5.35	17-6.75	1989
4. Gonzalo Barroilhet	5.35	17-6.50	2012
5. Andrew LaHaye	5.31	17-5	2013
6. Jeff Atkinson	5.27	17-3.50	2002
7. Phares Rolle	5.23	17-2	1976
8. Matt Hurley	5.20	17-0.75	2007
9. Jason Dean	5.15	16-10.75	2001
10. Brian Fitzsimmons	5.03	16-6	1986

SHOT PUT

1. Garrett Johnson	20.48m	67-2.25	2006
2. Michael Putman	19.20	63-0	2012
3. Austin Droogsma	19.14	62-9.50	2017
4. Ben Bonhurst	19.05	62-6	2015
5. Dorian Scott	18.85	61-10.25	2003
6. Emmanuel Oniya	18.01	59-1.25	2017
7. Mike Bell	17.98	59-0	1987
8. Chad DaCosta	17.91	58-9.25	2016
9. Stargell Williams	17.76	58-3.25	2015
John Fallone	17.76	58-3.25	2007

WEIGHT THROW

1. B.J. Linnenbrink	20.91m	68-7.25	2002
2. Andrew Diakos	19.97	65-6.25	2004
3. Markindey Sineus	19.81	65-0	2015
4. Brandon Tirado	19.24	63-1.50	2017
5. Jody Lawrence	18.75	61-6.25	1998
6. Matt Wenke	18.71	61-4.75	2009
7. William Shirk	18.17	59-7.50	1997
8. Josh Bowling	18.15	59-6.75	2002
9. Dan Royal	18.14	59-6.25	2004
10. Travis Whitfield	18.01	59-1.25	2010

4x400 RELAY

1. Russell, Harris, Locke, Newbold	3:05.13	2013
2. J. Borlee, K. Borlee, Williams, O'Connor	3:05.48	2009
3. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
4. Russell, Harris, Locke, Newbold	3:06.55	2013
5. Russell, Roy, Cherry, Harris	3:06.79	2014
6. Locke, Russell, Harris, Roy	3:07.26	2014
7. Buchanan, Dix, Chambers, Clark	3:07.35	2007
8. Buchanan, Navarette, Clark, Dix	3:07.41	2008
9. Buchanan, Navarette, Byram, Clark	3:07.47	2008
10. Russell, Cherry, Locke, Harris	3:07.70	2014

DISTANCE MEDLEY

1. Mulenga, Simpkins, Freire, Hall	9:33.39	2017
2. Buckingham, Buchanan, Jesensky, Lancashire	9:37.26	2007
3. Teixeira, Rose, Burton, Seddon	9:39.50	2015
4. Seddon, Roy, Butler, Mulenga	9:45.46	2016
5. Smyth, Navarette, Gibson, Forrester	9:45.80	2011
6. Teixeira, Rose, Butler, Seddon	9:48.36	2015
7. Seddon, Moona, Teixeira, Mulenga	9:48.37	2016
8. Buckingham, Francis, Noyes, Gunn	9:49.86	2008
9. Buckingham, Wood, Wilson, Lancashire	9:50.41	2007
10. Seddon, Roy, Gibson, Forrester	9:52.50	2013

BOLD - on current roster

KEY

c - converted time using USTFCCA standardized track event conversion factors chart
a - performance came at altitude

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